

“Unleashing a Rhythm of Prayer:
Just Keep It on Repeat”

Scripture: Luke 18:1-18; 1 Thessalonians 5:17

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Today's Life Question

Is prayer a one-time action or a repeating rhythm in your life, especially when justice feels delayed?

Today's Point to Ponder

To unleash the rhythm of unceasing prayer, you must trust the God of unlimited power and return to Him again and again.

I. The Call to Unceasing Prayer

- A. Read 1 Thessalonians 5:17 – “Pray without ceasing.”
- B. Paul calls for a life of continual connection to God.
- C. Prayer, like breathing, is meant to be natural and constant.
- D. Oswald Chambers said, “If we think of prayer as the breath in our lungs and the blood from our hearts, we think rightly... We are not always conscious of it, but it is always going on.”
- E. Prayer is not what we say, it's how we stay in tune, aligned, and connected with God.

II. The Struggle to Keep Praying When Justice Delays

- A. Read Luke 18:1–8 “The Persistent Widow.”
- B. Jesus presents a widow with no legal power or influence who prevails against an unjust judge through sheer persistence.
- C. Her relentless plea for justice exemplifies the kind of faithful, unceasing prayer that perseveres, even when answers seem delayed.
- D. Jesus reminds us that, unlike the judge, God is righteous and attentive. If we don't give up, we will see justice.
 - 1. Luke 18 ends with a haunting question: “When the Son of Man comes, will He find faith on the earth?”
 - 2. Persistent prayer is a testament to persistent faith.
 - 3. Persistent Prayer says, “Even when justice is delayed, I trust God's character.”
Prayer is the rhythm of trust repeated until justice arrives.

III. Secrets to Strengthening Unceasing Prayer

Today's Talking Tips

A. Start with Prayer—Let it Set the Tempo. Let Prayer Be Your First Choice, Not Your Last.

"Trust in the LORD with all thine heart; And lean not unto thine own understanding. In all thy ways acknowledge him, And he shall direct thy paths. Be not wise in thine own eyes: Fear the LORD, and depart from evil." (Proverbs 3:5–7, KJV 1900)

1. Let prayer be your first move, not your last resort. When you acknowledge God first, He aligns your path and sets your spiritual rhythm.
2. It is honoring to God when our immediate and first response to any situation is to consult Him.
3. If we are going to "acknowledge Him in all our ways," and "... seek first the Kingdom of God," one of the best ways is to make Him our first consultant and advisor.
4. He will direct our paths, making them straight and plain as He has promised (Proverbs 3:6)

B. Fix Your Focus—Gaze Sets the Rhythm. Let Your Gaze Be on God, Your Glance on the Request. (God is the Conductor, Director)

"Teach me thy way, O LORD, And lead me in a plain path, because of mine enemies." (Psalm 27:11, KJV)

"Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God." (Hebrews 12:2, KJV)

1. When you gaze at God and glance at your needs, your heart stays centered. What you focus on forms your spiritual tempo.
2. If you focus on the problem, it will consume you. But if you **gaze at God**, He will shape how you see the problem.
3. If we allow our gaze to be on our request, it will dominate our prayers: we will tell God what we see and what needs to be done.
 - a. If our gaze is on God, we will ask Him to interpret the situation from His viewpoint (tell us what He sees).
 - b. God is willing to tell us what He wants done. This is why the Psalmist did not have any issue with asking God to "Teach me Thy way, O Lord, and lead me in a level path, because of my foes." (Psalm 27:11)

C. Let Conviction Keep you on Beat. Pray More from Conviction than from Crisis.

"Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime." (Daniel 6:10, KJV)

"Thy word is a lamp unto my feet, And a light unto my path." (Psalm 119:105, KJV)

1. Pray from conviction, not just crisis. When you're grounded in God's will, your prayers become proactive and preemptive.
2. Prayer is not a last resort for one to use in times of crisis. Prayer, if properly engaged in, will keep us out of the crises we will get in if we do not pray.
3. Conviction praying is prayer for a situation based on the known will of God, before the situation occurs. Conviction-praying is proactive; it intercedes based on God's will, before trouble hits.
4. Crisis-praying reacts to trouble. Crisis praying is prayer based on a situation that is not going as it ought to go, according to the will of God.

D. Let the Spirit Be Your Metronome. Pray in the Spirit and by the Spirit.

"Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;" (Ephesians 6:18, KJV)

"Likewise, the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God." (Romans 8:26-27, KJV)

"But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost," (Jude 20, KJV)

1. True prayer flows by the Spirit. The Spirit tunes us to heaven's rhythm and gives words to our groans.
2. While many people would disagree as to what this means, all must acknowledge it is an absolute necessity for successful prayer. (Ephesians 6:18; 15; Jude 20).
3. Whatever else it means, it means that true praying is done under the guidance, wisdom, and power of the indwelling Holy Spirit, for He alone enables us to pray in the will of God.

E. Let Praise Be the Melody. Let Your Prayer Be Filled with Praise.

"I will bless the LORD at all times: His praise shall continually be in my mouth." (Psalm 34:1, KJV)

"In everything give thanks: for this is the will of God in Christ Jesus concerning you." (1 Thessalonians 5:18, KJV)

1. Praise keeps your prayer life vibrant and hopeful. It reminds your soul who God is, even when you don't see results.
2. Praise reminds us that God is still good even when the situation is not. Praise is a declaration of **trust**, not just a celebration of outcomes.
3. There is nothing for which we cannot praise God.
4. Every opportunity, trouble, or burden can be presented in praise:
 - a. The praise that comes when we know He knows and cares.
 - b. The praise that comes when we remember that He allows some things and causes others for our welfare.
 - c. The praise that comes when we remember He is pressing us into Himself so we can discover Him.

F. Pray on Purpose—Name Each Note. Pray Retail, Not Wholesale.

"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God." (Philippians 4:6, KJV)

"And Jesus answered and said unto him, what wilt thou that I should do unto thee? The blind man said unto him, Lord, that I might receive my sight." (Mark 10:51, KJV)

1. Be specific. God honors detailed, sincere prayers. Specificity leads to a deeper connection, along with clearer answers.
2. General prayers get general answers. **Be specific.** Like the widow, name what you need. "Justice in this case." "Peace for this child." "Mercy for this heart."
3. Wholesale praying goes something like this: "I love You, Lord. Thank you for all things. Bless Everybody and give me all I need. Forgive all my sins." Retail praying means always being specific and for all things: "I thank You, Lord, for John, for shoes, for feet, for your mercy, Your Grace."
4. Praying specifically brings specific answers. Has your child ever come to you and said, "Please bless me with a blessing"? Probably not. He/she would say: "Dad and Mom, please order me some new clothes."